


Equine Positional Release Practitioner Training Program

EQUINE POSITIONAL RELEASE™

PRACTITIONER TRAINING



**The Art of
Self Correction**

**250 Hour
Training
Program**

**Zarna Carter
EPR Instructor**

Classes at a Glance

Module I: EPR Foundations
*Rapport Response Release.
Assessment, Technique and
Response.*

Module II: EPR Foundations
*Movement, Suspension and
Reflexive Response.
Suspension and Fluidity in
Movement.*

Module III: Intermediate Training
*Fusion for Horse and Rider.
Applications of Equine Anatomy
and Physiology.*

Module IV: Intermediate Training
*Strong Structures in Motion.
Essentials for Riders.*

The Art of Self Correction

Equine Positional Release is a equine holistic health care system based on non force manual therapy and cooperative, collaborative horse-human relationships.

Equine Positional Release (EPR) teaches non force assessment, joint mobilisation, indirect manual adjustment techniques and postural adjustment exercises.

Non force manual therapy is tailored to the needs of the horse. The use of observational skills informs the practitioner of the horse's gait patterns, movement patterns, gestures and behaviour. Noticing the catalogue of responses of each horse, enables the practitioner to work at the level of the horse.

EPR teaches safe humane sustainable horse skills.

EPR Practitioner Training Program Outline - 250 Hours

The Program

The EPR Institute provides a 250 hour Practitioner Training Program for horse enthusiasts and horse professionals. Equine Positional Release is a principle based physical, holistic health and educational modality to improve structural and postural alignment and the overall health of the horse.

EPR Practitioner Training teaches rapport building and holistic health assessment skills, gait and movement assessment techniques, non force mobilisation techniques, resistance exercises and postural adjustment techniques. The horse and rider element improves feel, balance and horse-rider communication. The aim is to facilitate the horse to gain a state of balance and structural soundness. EPR teaches the skills to maintain the horse's health and performance using non force techniques.

Our Story

EPR was developed by Zarna Carter, a third generation horsewoman and a professional homoeopath and herbalist. EPR evolved from Zarna's holistic clinical practice in Homoeopathy, Herbal Medicine and Ortho-Bionomy. Infused with non force horse training, EPR is designed to meet the needs of horses.

Since its inception as a modality in 2003, EPR has made a valuable contribution to the path of humane, safe and sustainable horse-human partnerships.

Forging a culture of inclusion of the horse into the equine health care industry, EPR provides accessible tools for horse people across a broad spectrum of disciplines and professions to listen to and understand the language of the horse.

EPR is committed to advancing safe accessible, effective, non force equine holistic health care and management tools.

The strong voice of the growing number of human and horse advocates of non force methods, supports our efforts in the continued growth and development of EPR.

Partnered with barefoot trimming and non force methods of training and riding, EPR fosters the accessibility of non force disciplines in Australia, USA, Canada, the UK, New Zealand and across the globe.

The Equine Practitioner Training Program is proud to be an innovative, revolutionary and non force discipline in the fabric of equine holistic health care.

EPR Practitioner Training teaches the tools of:

- Observation, listening and questioning.
- Rapport building, palpation, movement and holistic health assessment.
- Non force contact, positioning and techniques.

EPR techniques are used for:

- Direct joint mobilisation and joint stabilisation.
- Indirect structural adjustment.
- Postural balance and re-education.
- Soft tissue repair.
- Muscle and joint repair.
- Rehabilitation.
- Pain management.
- Improving performance.
- Improving and maintaining health and soundness.
- Collaborative treatment of many horse health problems and hoof problems.
- Building strong cooperative, successful and safe human-horse relationships.



Certification

The EPR Practitioner Training Program is an internationally recognised professional certification. The Practitioner Training Program is certified with the Equine Positional Release Institute and the International Institute of Complementary Therapies (IICT). The EPR Practitioner Training Program is recognised with the IICT in Australia, USA, Canada, UK and the EU.

The Art of Self Correction

Building safe, respectful and compassionate horse-human relationships based on the capacity of self correction, is a stimulating and rewarding aspect of EPR training.

EPR Program Objectives

Upon completion of the program, the successful student will be able to:

- Demonstrate an understanding of basic equine anatomy and physiology in relation to equine structure, posture and movement.
- Demonstrate a working understanding of the Poly Vagal Theory, Equine Signs of Pain and Equine Gestures.
- Exercise skills to build rapport and safe, cooperative, collaborative and sustainable relationships between people and horses.
- Apply the principles of equine holistic health care and the basic laws of Homoeopathy, underpinning a holistic, non force, non violent approach to working with the horse.
- Exercise a working understanding of the principles and techniques of Equine Positional Release in relation to the horse.
- Exercise a working understanding of the principles and techniques of Equine Positional Release in relation to the horse and rider.
- Apply an understanding of the remedial and re-educational applications of Equine Positional Release in relation to equine structure, posture and movement, to benefit the overall health of the horse.

EPR Course Work

A. EPR Classes

Module I

Rapport Response Release* - 16 hours

The class focuses on rapport building, holistic health assessment, the nature of the horse and the long lived collaborative history share by people and horses. Observing and assessing gait and movement patterns. Covers the front leg, shoulder, the hind leg, with an introduction to the pelvis and cervical spine. Introducing the equine nervous system and mechanisms of self correction.

Assessment, Technique and Response - 16 hours

The class focuses on rapport building and holistic health assessment, the study of structure, physiology, the equine nervous system, proprioception, mechanisms of self correction and equine gestures and communication. Observing and assessing gait and movement patterns. Covers the front leg, shoulder, the cervical and thoracic spine, the ribcage, pelvis and hooves. Isometric exercises.

Module II

Movement, Suspension and Reflexive Response - 16 hours

The class focus is assessing injury and compensation patterns, working with joint structures including tendons, ligament, fluids and associated connective tissue. Working with the self corrective reflexes. Isometric resistance techniques tailored to strengthening, rehabilitation and re-education.

Suspension and Fluidity in Movement - 16 hours

The class focus is assessing injury and compensation patterns, working with joint structures including tendons, ligament, fluids and associated connective tissue. Working with the self corrective reflexes.

Module III

Fusion for Horse and Rider - 16 hours

An innovative class integrating EPR contact, positioning and techniques for the horse and rider and those working with riders. Explore the interplay between the horse and rider, working individually with the horse and rider and with the horse-rider team under saddle. Exercises engage natural balance, posture, body awareness and horse-rider connection.

Applications of Equine Anatomy and Physiology - 8 hours

Exploring equine anatomy and physiology outlining hoof mechanism, the nervous system, centre of gravity, the horse pelvis and system of propulsion and discussing how EPR works with these systems.

Module IV

Strong Structures and Motion - 16 hours

Whole horse assessment, the role of the suspensory system, working longitudinally with the horse. Learn re-educational techniques to address chronic patterns of structural misalignment and compensatory postural patterns of movement. Analysing the horse under saddle. Working with the self corrective reflexes.

Essentials for Riders - 16 hours

The class addresses rider posture and balance using contact, positioning and techniques for the rider and those working with riders. Improves body awareness, range of comfortable motion, balance, coordination and riding performance.

B. EPR Study Groups - 6 hours

3 x 2 hour study groups. Each study group is focused on assessment, palpation, discussion of course material, cases, applications of theory and techniques, technique clarification and review and student questions.

C. EPR Case Notes for Review - 40 hours

40 x 1 hour documented treatments with a minimum of 15 different horses. To be reviewed by an instructor or tutor during a tutorial. Self study.

D. EPR Case Studies for Review - 28 hours

28 x 1 hour documented treatments working with a minimum of 4 horses and comprising 3 - 5 sessions per horse. Case studies to be reviewed by an instructor or tutor during a tutorial. Self study.

E. EPR Tutorial Sessions - 3 hours

3 x 1 hour tutorials. One-on-one tuition or in a small group of up to 3 students. Tutorials are used to explore and problem solve student questions, review case notes and case studies, review course material, techniques and applications of EPR. Tutorials can be done via video link.

F. EPR Evaluation Sessions - 3 hours

3 x 1 hour evaluation sessions. Three equine treatments for evaluation. 2 session to be undertaken during the course of the training and the final evaluation to be undertaken at the end of the training program. Sessions can be done via video link.

G. Equine Anatomy - 50 hours

Equinology EQ50 online class or equivalent. Self study needs to be completed to attain certification.

***H. EPR Online Study Program** - 16 hours

Completion of the EPR Online Study Program which includes submitting the completed EPR Workbook along with a 10 - 15 minute practice video, provides 16 hours credit toward the Practitioner Training Program. This can be used in place of taking the Rapport Response Release class. Please discuss details with your instructor.

Module I Curriculum Outline

1. Rapport Building Skills:
 - a. Observation, Health Assessment
 - b. Palpation
 - c. Movement Exercises
2. Non force Positioning:
 - a. Non Force Theory
 - b. Response of the Horse to a Non Force Approach
3. Principles
4. Equine Gestures
5. Responses
6. Techniques:
 - a. Neutral
 - b. Range of Motion
 - c. Positional Release: Long lever, short lever and direct.
 - d. Global Movements and Local Movements

- e. Postural Exercises
- f. Isometric and Isotonic Exercises
- g. Integration Exercises

- 7. Timing
- 8. Self Corrective Reflexes
- 9. Tolerance of the Horse
- 10. Student Evaluation



Your EPR Instructors

Zarna Carter founded Equine Positional Release in 2003 while working in her equine clinical practice, during her studies in Ortho-Bionomy. She began teaching EPR classes in 2005.

Zarna is an International Instructor of Equine Positional Release, a qualified Herbalist and Homoeopath with 26 years clinical experience, teaching throughout Australia, New Zealand, USA and the United Kingdom. Zarna was an International Ortho-Bionomy Instructor from 2011 - 2019. ă

Zarna is the Director of the EPR Institute. A life long passion for social justice and humane treatment of animals, led to the development of Equine Positional Release.

Equine Positional Release was developed from the fusion of Zarna's clinical experience as a Homoeopath, Herbalist and Ortho-Bionomist, with her background in social activism, non force horse handling and work in the Australian horse and cattle industry. The non force, self corrective approach of holistic medicine, fused well with her non force, cooperative approach to holistic horse healthcare, to produce EPR's highly effective, revolutionary approach.

Zarna is currently based in Aldinga Beach, South Australia.

Mary Ann Menetrey is a Certified EPR Foundations Instructor and Practitioner of Equine Positional Release. Mary Ann began studying EPR in 2006 and has been teaching EPR Foundations classes since 2016. Her studies were initially driven by a desire to help her own horses with physical, emotional and health issues where traditional medicine could not find a solution. She saw the most profound and lasting results for horses with EPR, which is particularly suited to the nature of the horse, in that the work is comfortable and pain-free.



A passionate student of the natural sciences, Mary Ann's studies have also included B.S. and M.S. degrees in Soil Science. She spent many years managing programs for the State of New Mexico dedicated to improving the quality of land and water resources. In these positions she honed her ability to build teams and to listen and understand points of view without judgement; skills which have been invaluable in her life, practice and teaching.

Mary Ann has studied other non force modalities, practicing Ortho-Bionomy and is a Certified Practitioner of the Masterson Method.

Mary Ann has been an avid horsewoman most of her life, training in several disciplines including trail, dressage, reining and cutting. She bases her equine and human practice, *Primo Motion Bodywork*, near Espanola, New Mexico USA.

Photo credit: Sierra Perkins La Jarra Spanish Mustangs, New Mexico USA, Page 1 and 3.